



Sun Smart Policy

Cleveland District SHS sun protection policy

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Skin cancers account for 80% of all new cancers diagnosed in Australia each year.

Melanoma is the most diagnosed cancer for 15 – 44 year olds.

The CDSHS Sun Protection Policy promotes the importance of parents, teachers, ancillary staff and voluntary helpers as role models for students in relation to sun protection strategies. Staff will act as role models in line with the SunSmart program role modelling requirements and OHS standards. Staff are required to adopt all protective measures put in place by their employer as part of employee OHS responsibilities.

Objectives

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection through educational programs on sun safety and preventative measures
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy
- Maximise the use of available shade for outdoor activities, and to monitor use

Sun Protection strategies

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Flexible planning of activities will be provided to reduce, as far as practicable, time spent by students in the sun between 10.00am and 2.00 pm, when UV levels are at their peak

The SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we aim to have outdoor activities or events earlier in the morning or later in the afternoon, and use indoor venues.

1. Shade

The school committee makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg. lunch area, canteen, outdoor lesson areas and popular play areas.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and outdoor activities.

Students are actively encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in an area protected from the sun.

2. Clothing

All styles of school uniform will include collars that protect the neck, and sleeves. Shorts, dresses and skirt lengths will extend as close to the knee as possible. School clothing is made of close weave fabric. Rash vests or t-shirts will also be worn when swimming outdoors.

(Please note: Cap sleeves are not considered sun protective and are therefore not acceptable).

3. Hats

Students are required to wear hats that protect their face, neck and ears, i.e. bucket or broad-brimmed whenever they are outside.

Students who do not have an appropriate sun protective hat will be asked to stay in shaded areas only.

4. Sunglasses

Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. Time sunscreen to be applied at least 20 minutes before going outdoors and reapplied every two hours as required. Time will be allocated for sunscreen application prior to outdoor activities. This sunscreen is available from the HPE staffroom and the blue sports shed on the oval.

6. Community

- Include the Sun Protection Policy in school prospectus, staff and student handbooks.
- Regularly communicate their commitment to sun safety and changes to existing sun safety practices to parents through school newsletters and parent meetings.
- Regularly communicate their commitment to sun safety and changes to existing sun safety practices to students and staff through assemblies and school notices.

7. Teachers, Teacher Aides and Administration

- Teach students about sun safe practices;
- model appropriate sun safe practices;
- wear appropriate hat and clothing;
- reinforce and encourage appropriate sun safe practices amongst other school community members, especially students;
- plan for outdoor activities with sun safety in mind (where ever practical); and
- support the implementation of sun safety strategies.

8. Parents and Caregivers

- Provide a SunSmart hat for their child and ensure that they wear it to and from school. The Queensland Cancer Fund recommends the following hats: 8-10 cm broad brimmed.
- Encourage their child to apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- Ensure that their child's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing that has the following features:
 - ✓ dark coloured
 - ✓ collars and sleeves
 - ✓ closely woven fabric
 - ✓ natural fibre.
- Act as positive role models by practising SunSmart behaviour;
- support the school's Sun Smart policy plan in principle and in practice;
- help to design and regularly update the policy and plan;
- wear suitable hats and other sun protective clothing when volunteering at school for outdoor activities; and
- provide a protective sun shirt or T-shirts for wear during all school water based activities.

Curriculum

- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

The school council and staff monitor and review the effectiveness of the sun protection policy every two years and revise the policy when required. Next policy review: End of Semester 1, 2020.